Power Cooking Chicken

Shopping List Guide

The Pampered Chef®
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Make-Ahead Chicken

✔ Required

- 3 lb boneless, skinless chicken breasts or thighs
- 1 tbsp vegetable oil

Plus 4 large resealable freezer bags.

Chicken Stir-Fry

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 1 cup frozen shelled edamame (soybeans)
- ²/₃ cup prepared stir-fry sauce
- 2 medium carrots
- 3 cups small broccoli florets
- 2 tbsp **Asian Seasoning Mix**

To finish and serve

- 1 tsp vegetable oil
- 2 cups uncooked rice
  Green onions and peanuts (optional)

Greek Chicken and Orzo Skillet

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 2 medium zucchini
- 1 can (15 oz) garbanzo beans
- 1 can (14 oz) garlic and onion-flavored diced tomatoes
- 3 tbsp **Greek Rub**

To finish and serve

- 2 cans (14 oz each) chicken broth
- 1 lb uncooked orzo
- 2 oz crumbled feta cheese
- ½ cup pitted kalamata olives (optional)

Smoky Black Bean Chicken Wraps

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 1 can (15 oz) black beans
- 3 tbsp **Smoky Barbecue Rub**
- ²/₃ cup uncooked rice

To finish and serve

- 4 oz shredded cheddar cheese
- 6 11-in. flour tortillas
  Shredded lettuce, diced tomatoes and barbecue sauce or Louisiana hot sauce (optional)

Dijon Chicken Noodle Toss

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 2 cups frozen peas
- ¼ lb deli ham
- 1 can (10¾ oz) condensed cream of chicken soup
- 2 tbsp Dijon mustard

To finish and serve

- 12 oz uncooked rotini pasta
- 8 oz sour cream
- 1 1-oz block Parmesan cheese (optional)
- 1 small bunch fresh parsley

Cheesy Chicken Tortilla Soup

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 3 cups tortilla chips
- 2 cups frozen corn kernels
- 8 oz pasteurized process cheese spread
- 1 can (14.5 oz) diced tomatoes with green chilies
- 2 tbsp **Chipotle Rub**

To finish and serve

- 2 cans (14 oz each) reduced-sodium chicken broth
  Optional toppings, such as shredded cheddar cheese, fresh cilantro, tomatoes and additional tortilla chips